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## Achieving Fabulous Orgasms

By Dr Janet Hall



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POWER



# **Achieving Fabulous Orgasms For Women**

By

Dr Janet Hall

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**”Achieving Fabulous Orgasms for Women” is one of 19 titles in Dr Janet Hall’s Sensational Sex Series!**

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## About Dr Janet Hall



Dr Janet Hall, speaker, hypnotherapist, author of many books and audio recordings, is your guide in the art of sensational sexual success.

Dr Jan is one of Australia's leading experts in understanding the psychology of sexual behaviour. Her gift is to make psychological information user-friendly, easily understood, and easy to apply.

For over a lifetime, she has given people clarity and direction from her Richmond Hill Psychology Centre in Melbourne, Australia and online at [www.sex-therapy.com.au](http://www.sex-therapy.com.au).

Enlightening and entertaining, Dr Jan affirms, encourages, and empowers you to make changes that will have long term positive effects for the rest of your life.

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**Please NOTE!**

**If you like this Book then you'll LOVE the audio version available here:**

**Achieving Fabulous Orgasms For Women**

<http://drjanethall.com/shop/achieving-fabulous-orgasms-for-women-audio/>

## **Why?**

**Because it's easy listening for you to revise the important information you read about (and the audio has bonus hypnotic suggestions for you to achieve your goal – you can listen over and again and program yourself for easy and rapid success!)**

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# **ACHIEVING FABULOUS ORGASMS FOR WOMEN**

## **INTRODUCTION**

### **Every Woman Can Orgasm and It's Good For You**

Being a woman can be very confusing. One minute we want to achieve great things as individuals out there in the world and the next we're the nurturers, taking the back seat while we meet everyone else's needs. This can be especially confusing when we talk about sex.

Some of us are still very much stuck in to 'giving mode' during sex. That's where it's okay to please the man and give, give, give but receiving pleasure from your partner is something that just has to wait. In Australia we call this the 'burned chop' syndrome - that's when the woman has the worst piece of chop at dinner and makes sure that no one else is inconvenienced.

Well it's time to stop this trend. It's time for all women to feel they deserve good sex –

It's okay to receive, as well as give, in sex and it's wonderful to enjoy orgasms.

Over 20% of the sex therapy cases treated at my psychology clinic are women who are not orgasmic.

So this book is all about orgasms and women. Its aim is to encourage all women to explore the extent to which they want to experience orgasms in both quality and quantity.

It's a book that men may want to read, to learn about women and orgasms just for their own education, or for ideas to inspire and encourage their woman to explore the broadened scope for orgasms which he wants her to enjoy.

And that is the truth women! It's so important for us to acknowledge that our partners want us to enjoy fabulous orgasms. They get off when they see us go off our faces with pleasure, and they feel extremely gratified when they get the sense that they contributed to our heightened feelings of sexual fulfilment.

But you know it's not just that your partner can truly enjoy seeing you blossom with orgasms, the main reason to have them is for your own pleasure. Your body is a precious gift, and knowing how to use it to achieve orgasm is a natural benefit of treasuring this gift.

Every woman can orgasm, it is true! My favourite saying is, "God made human beings the only

living creatures that can and do seek sex for pleasure”. Therefore, you are born with a capable instrument and you can learn to create beautiful music with it. And there are some really wonderful benefits of orgasms for your health and well-being. As well as being deliciously pleasurable, they’re also free, fun, they boost your immune system, give you a sense of well-being, they’re a great sleeping pill, and they can even take away migraines and headaches and even PMS symptoms by releasing pelvic congestion.

## **ESSENTIAL INFORMATION ABOUT ORGASMS**

### **What is an orgasm?**

Orgasm is an intense feeling of pleasure that may be experienced with an involuntary release of muscle tension. The pleasure may be localised in the genitals or can be felt throughout the entire body. It’s often accompanied by muscle contractions, fast breathing, involuntary sounds and a feeling of ‘melting away’.

### **How do you know if you've had an orgasm?**

Arousal builds to a certain intensity causing engorgement, or a building of sexual tension, in the genitals and throughout the body in general. The engorgement triggers the reflex of the orgasm. The orgasm reflex sets into motion contractions in the lower part of the vagina, as well as of the uterus. Think about sneezing: When we sneeze, engorgement in the nasal passages and tingling sensation precede the sneeze. The sneeze releases the build-up in these passages. The same thing happens with an orgasm: the tension build-up in the genitals is released and you feel intense pleasure and then relaxed and satisfied afterward.

### **How Often Do Women Have Orgasms?**

The orgasmic woman experiences orgasms consistently over time, place, position and sexual technique. ‘Consistently’ doesn’t mean that the woman has an orgasm every time with phenomenal and overwhelming pleasure, hearing bells ringing, birds singing and being transported into wonderland. ‘Consistently’ does mean that most of the time that she has sexual stimulation, the woman has an orgasm and the quality can be extremely variable.

I have heard orgasms described by woman as ‘hot ones, cold ones, long and short ones, delicious ones, intense ones, flat ones, dull ones, hard ones, crisp ones, subtle orgasms... and I even heard one lady describe her orgasms as predictable and monotonous!’



## **How Can a Woman Be Stimulated to Have an Orgasm?**

The world of orgasms for women is diverse and exciting. In fact, there is considerably more variety in the ways in which women can stimulate themselves to orgasms than there is for a man. What an advantage!

80 percent of woman orgasm after intense clitoral stimulation.

60 percent of those women report G-spot orgasms where they experience deep vaginal contractions and, some say, a much more intense orgasm (To learn how to have G-spot orgasms refer to Tracey Cox' book called *Hot Sex*.)

**Important Note: Only 20 percent of women report regular orgasms with intercourse! Penis thrusting is not the best stimulus for orgasm.**

### **Some women can experience orgasms by just about any sort of stimulation:**

Masturbating directly with clitoral stimulation by finger, vibrator, dildo or an object.

With running water on the clitoris – these women enjoy applying the rose of a hand shower or spa outlet on their vulva.

Through rubbing their genitals up against a soft silky texture, like a cushion.

By squatting on their heel and exerting a constant pressure on their pelvic region.

Some women need a sensory prompt like a visual turn-on (erotic pictures) or auditory turn-on (audio tape or movie on with sound but no picture).

Some women orgasm with kissing or just through having their nipples touched.

### **Special Note on Female Ejaculation**

Some women experience a form of ejaculation –usually associated with an exceptional orgasm. For most of these women, there is only a small amount of ejaculate. A few women claim to have a heavy flow of ejaculation that saturates the sheets! It's important to know that the female ejaculation is not the same as a flow of urine. It seems to come from the glands around the vaginal opening or from the G-spot.

## **A NOTE OF CAUTION**

But a caution here: please know, I am not saying that orgasms are the be all and end all. It is quite possible to enjoy fulfilling sensual and sexual experiences without the 'big O'. And in fact, striving for them, willing them, and insisting on them can cause emotional and even physical pain and that kind of intensity of goal is to be strongly advised against.

## **Case Examples – Karen AND JILL**

Karen was 38, a music teacher; she'd never experienced an orgasm. She was in a relationship with a man who she loved deeply and he was very keen for her to experience orgasm. He had tried everything to get her off and was really frustrated with her.

Jill who was 29, and a public servant, had been married for only one year and her husband was very worried because she never initiated sex. Jill was extremely unhappy with her body shape and very ashamed to be sexual. She constantly had a tape running in her head, of her mother's voice saying, "Good girls don't enjoy sex."

### **What types of difficulties with orgasm are there?**

Here are some examples of how some women had problems with orgasms.

### **When you have never had an orgasm any way at all**

Linda, aged 22, was engaged and wanted to learn to orgasm to give her husband a wedding surprise

Susanna, aged 45, had always been single and wanted to orgasm by herself.

### **When you can only have an orgasm with masturbation but not with your partner**

Margit, aged 25, can orgasm with solo sex but not in her man's presence. She fakes orgasms during intercourse to keep him happy.

Michelle, aged 36, only has an orgasm if she uses a vibrator.

June, aged 48, can only orgasm by rubbing her clitoris with the rounded end of a pencil!

### **When you can't have an orgasm during intercourse and you want to**

Lena, aged 24, says her boyfriend will dump her if she doesn't orgasm during intercourse.

Trish, aged 32, wants to make her husband feel proud that he gives her an orgasm with his penis.

Grace, aged 45, wants intercourse orgasms now her husband has overcome his problems in maintaining erections.

## Five Kinds of Women and Their Orgasms

There are actually five kinds of women who may be described in relation to their experience of orgasms.

The first type of woman is the one who is regularly experiencing orgasms. When we say this it's important that we're realistic. "Regularly" doesn't mean every time with phenomenal and overwhelming pleasure, hearing bells ringing, birds singing and being transported into wonderland. "Regularly" means that most of the time you have an orgasm. And that experience can be extremely variable.

Orgasms for women have been described as hot ones, cold ones, long and short ones, delicious ones, intense ones, flat ones, dull ones, hard ones, crisp ones, subtle orgasms... and I even heard one lady describe her orgasms as predictable and monotonous. Doesn't sound like fun!

Some women can experience orgasms by just about any sort of stimulation - from penis in vagina, to masturbating directly with clitoral stimulation by finger, vibrator, dildo or even a biro (be careful with that one though, it could be a bit sharp). Some women can orgasm with running water on their clitoris, through rubbing the body up against a hard or even silky soft texture, and some women can have an orgasm by squatting on their heel and exerting a constant pressure.

Some women can only orgasm with intercourse, and some can only orgasm by self-stimulation. Some women need a sensory prompt, like a visual turn-on as with an erotic pictures or audio recording, and some women can fantasise and get off just on the pictures in their own mind. So the world of orgasms is diverse and exciting.

And in fact, there is considerably more variety in the ways in which women stimulate themselves than there are for men. What an advantage! You know men often think that when women stimulate themselves they use some sort of penis substitute something like putting a candle, or a banana so that they get deep penetration into the vagina.

What a misconception and unfortunately it ignores the importance of the clitoris for orgasms and shows a real lack of education about the location of the G-spot - which is actually close inside the vaginal entry and not way up.

Now the second type of woman is the one who used to experience orgasms fairly regularly, but has lost the knack. It's as if the switch that turned her on is now turned off. Some of these women are fed up and frustrated about it and some of them are not really perturbed and could hardly care less.

The third type is the woman who can't yet orgasm, any way, with anything. She is really motivated to learn but nothing has yet worked.

The fourth type is the woman who doesn't orgasm and couldn't really care either way. Orgasms are just not part of her world.

And the fifth type is the woman who won't orgasm. She refuses to even countenance the idea. She may be feeling pressured by society or her partner to orgasm and she resists it with fierce determination.

## **What Causes Problems with Orgasms for Women?**

Over 20% of the sex therapy cases treated at my psychology clinic are women who are not orgasmic. The technical name for failure to orgasm is 'anorgasmia'. There can be physiological or psychological reasons for lack of orgasmic release in women.

### **Physiological Causes of Problems with Orgasm**

Up until recently, there was sparse medical evidence of physical difficulties in women's orgasms. Current focus on research into the physiological basis for female orgasm and sexual responsiveness is opening up new understandings. The Berman sisters, one a surgeon and one a psychologist have been exploring the specifics of physiological, psychological and combined causes of anorgasmia.

Physical problems can include diabetes, hormonal abnormalities such as oestrogen or testosterone deficiency and severe gynaecological factors such as recurrent vaginitis. Other general life issues that can limit orgasms include stress, alcoholism, drug addiction and chronic disease.

### **Physical Options for Treatment**

Hormone treatment may be effective in helping women become more physically aroused. There are some medications which assist the blood flow into the genitals. These are in a topical gel which is rubbed into the clitoris and include Prostaglandin, Alprostadil and Phentolamine. Your medical practitioner may be able to help you source these but they may not yet be generally obtainable.

**Problem:** Medical Practitioners are not always experts on orgasms.

Many women have told me that their medical advisor has given them a pessimistic outlook on orgasms.

### **Lara Lost Her Ability to Orgasm After A Back Injury**

Lara was a fifty year old woman who had been in a severe car accident. Her physical injuries resulted in chronic lower back pain.

She was also frustrated to find that she had lost her previously consistent ability to have orgasms.

Her local doctor was not able to give her any useful advice so Lara sought help from an expert female gynaecologist, hoping to get some sympathetic direction. Lara was disillusioned when the expert said: “Well at your age, it’s about time that you just stopped thinking about sex as something you want to work on”.

### **Francesca Was Told That Orgasms are Over-rated**

Francesca was twenty-eight and wanted to learn to orgasm to please her fiancé, Georgio, who was obsessed with wanting her to have orgasms.

When she asked her local male doctor for advice he said: “Orgasms are over-rated so don’t even try”.

She was extremely deflated and this made her even more pessimistic. She said to me :”How’s hypnosis going to help me have orgasms, Dr Jan, when my own doctor has programmed me to devalue them?”

Solution: Back to you- the public-how do we educate medical practitioners about coaching women to have orgasms?

### **Women Need Intimacy More Than Sex and Orgasm**

When Viagra first became available for men there were a lot of jokes about the need for a pill for women. The truth is, that even if there was a pill to ensure orgasm, a woman is not necessarily going to want sex because women need intimacy to be truly turned on. Women give many reasons other than sexual satisfaction and orgasmic release for wanting to be sexual including: enhanced emotional closeness and commitment, heightened sense of attraction and attractiveness and the sharing of physical pleasure for the sake of sharing.

## Common Reasons for Shutting Down

So why do some women find orgasms elusive, or they shut down on their potential for sexual release and pleasure through orgasms?

Well there are many reasons. Some women feel so much performance pressure, that is, “Will I come? I have to come. How can I come?” Those sorts of questions role around and around in her mind, that she gets in to a pattern of ‘spectatoring’, and that’s where she becomes an observer of her sexual activity.

She has literally floated out of her body and she sits up on the book cupboard watching herself having sex and of course giving herself all sorts of critical appraisal. Of course she judges herself as a failure then and this leads to working harder.

Well once you’re calling sex “work” what’s the chance of enjoying sex to have an orgasm?

Some women like to have a physical reason for why they don’t orgasm because that would take the heat off their responsibility. But these kinds of reasons are actually not that common and relatively few cases of orgasmic dysfunctions seen by sex therapists prove to have a medical cause. These include diabetes, oestrogen deficiency, severe gynaecological factors such as recurrent vaginitis, and then there’s alcoholism, drug addiction and chronic disease.

Sometimes women can’t orgasm because of their negative thoughts about sex; you know women do get double messages from the world. Messages like, ‘It’s not nice down there’. ‘Nice girls don’t do sex.’ ‘You should only have sex when you’re in love.’ And, ‘sex should only be intercourse’. Of course the modern superwoman should be able to do anything.

(You know that is a joke - burp a baby, whip up a soufflé, open him up a can of beer and have multiple orgasms on the kitchen floor before going to a full day’s work at the bank!)

Some women don’t receive negative sex education but they don’t receive positive sex education either. Some never have permission. They don’t have role models who lead the way and make it okay. When I ask most women about what their mother taught them about sex, they go into fits of laughter because the answer is ...a big fat nothing! One woman said: “I know my Mum did it at least three times because she had three kids, but otherwise, she never talked about it.”

Now another reason that’s pretty obvious as an obstacle to orgasm is if a past trauma can cause a woman to shut down her orgasmic potential. Indeed, most victims of sexual abuse report finding it difficult to orgasm. Who’d be surprised to know that trauma, guilt and orgasms don’t go together?

## **How A Woman Can Turn-off Her Sexual Switch**

### **Women and Desire**

Desire is about having a sexy thought – thinking about sex with interest and enthusiasm.

Basson (2001) reported that 50% of women over the age of 40 thought of sex only once a month, less or never!

Many women have told me that they never feel desire for sex (mostly because they are being too busy being Superwoman).

### **Women and Arousal**

Arousal is the physically turned-on feelings such as tingling genitals.

Many women do admit that they can easily become sexually aroused once they are sexually stimulated by their partner,

Carrie, mother of three, put it this way:

‘I never think of sex but once he starts to kiss and caress my body I can get turned on and have an orgasm. Then I wonder why I would ever want to miss out on sex.’

### **How a Woman Can Turn-off Her Arousal with Her Thoughts**

Basson noted that even if the woman’s genitals are stimulated with a vasocongesting medication, and there is genital engorgement, if the woman is psychologically disinclined to enjoy sex she will say that she ‘feels nothing down there’. That is, although her body might be inclined to enjoy sexual pleasure, her mind blanks out the arousal signals.

### **What this Means for Her Lover**

This means that if a woman doesn’t want to get turned on – she won’t.

She’ll not even register her sexual excitement.



## **Psychological Reasons for Problems which Women Experience With Orgasms**

The basis of problems with orgasms for women is an inability to relax the mind and body. This is typically due to performance anxiety or stress in daily life. An orgasm is a reflex response. It gets triggered when there is enough build-up of sexual tension from effective stimulation and freedom to go after it without inhibition or fear of being out of control. We cannot "will" an orgasm, but we can encourage or resist it.

Sexual arousal and release (orgasm) are controlled by our involuntary, or autonomic, nervous system. Arousal, being "turned-on" or sexually excited, is controlled by the passive branch of our involuntary nervous system. Arousal happens early in sexual play, in our sleep and even throughout the day. Nipple erection and vaginal lubrication are indications of arousal. To get aroused, we have to be relaxed and soaking in pleasure, because the passive or relaxed ranch of our involuntary nervous system has to dominate.

Orgasm, however, is controlled by the active branch of our involuntary nervous system. As arousal builds to the point where we are just about to go "over the edge," our body shifts from the parasympathetic nervous system (the relaxed side of our involuntary nervous system) being dominant to the sympathetic nervous system (the active branch of our involuntary nervous system) being dominant. So to have an orgasm, we have to get active and go after it. Many women who struggle to be orgasmic tend to remain passive during their sexual experiences, so they don't help their bodies make the shift to the active nervous system's control.

Inability to reach orgasm after adequate sexual stimulation can be caused by our passivity or previous conditioning by emotional or sexual trauma. Sexual arousal and release are conditioned responses. If, as a child or young adolescent, you learned to block intense sexual feelings that would have moved you toward orgasm because of guilt or shame, you may, as an adult, continue unknowingly to stop your arousal before it leads to orgasm. Perhaps you learned to be orgasmic by rocking on your pillow to help you fall asleep as a child and now you have no clue how to transfer that form of stimulation into sex with your partner? Perhaps you were exposed to pornography or had your first orgasm in response to a negative stimulus, and now you may have to picture that same stimulus to have an orgasm? You are left in a dilemma. To have an orgasm and feel guilty or not have an orgasm and feel sexually unsatisfied.

## **Bottle Top Syndrome**

Some women try so hard to orgasm that it's impossible. I call this the 'bottle top' syndrome. You know that feeling when you've tried so hard to open a bottle that your hand hurts and you give it up, after you've ground your teeth half way down to their roots? Then your mate comes along and gets the top off with just one tweak. Isn't that infuriating?

But it's because your mate was relaxed and had nothing invested in getting the bottle top off.

Well orgasms work the same way. The harder you try the less likely you'll have them.

## **Society and Body Image**

But you know the most vicious and pervasive cause of thwarted orgasms for women is the emphasis on body image pushed by our society. The media bombard us with messages saying that you have to be thin to be happy and successful in sex. Is it any wonder that some women with eating disorders kill themselves rather than lose power over their physical shape? There's one thing for sure; failure and self-criticism and hate are not recipes for sexual desire. Not only are you supposed to be thin to be sexy though, you're also supposed to have fabulous breasts. Heaven forbid, you find a man who is a 'boob's man' but you're struggling to fit in to a size 32B. And what about that totally flat tummy you're supposed to have?

## **Letting Go, Being Vulnerable and Losing Control**

There's one other kind of women who might have problems with orgasms. She's the one who won't allow herself to experience pleasure because she has a fear of letting go.

If that's you, just think about it. What would happen if you did let go? What are you telling yourself that stops you? Some women think it's not ladylike; others think they'll become vulnerable or lose control. Well what's wrong with that? The only thing that can really happen to you if you let go is that you'll feel better! You can't get hurt by letting go, you will feel more content and actually more fulfilled.

### **The Problem: How Performance Anxiety Inhibits Orgasm**

Women with 'Performance Anxiety' fear that they will not be able to orgasm. "This makes them a failure and a disappointment to their partner."

### **Typical Negative Self-talk About Orgasm**

The woman anguishes with negative self-talk from their internal critic. Here's the negative internal dialogue that Bella told me that she heard inside her head:

'If I was good at sex I should be able to have an orgasm.

Will I orgasm? I have to come! How can I come?

He probably feels like his hand is so tired it's going to break off.

Why can't I come as quickly as he does?

What's wrong with me?'

He must be getting sick of it, He must be frustrated/inadequate that I haven't come. I am feeling inadequate that I haven't come.

My body doesn't work. He must have a sore hand.

I feel guilty that someone else is pleasuring me.

I should be pleasuring him.

I can't relax. I'm letting him down.

I can't enjoy this because I am so stressed that I can't orgasm that I almost want to cry.

Those sorts of questions repeat over and over in her mind' resulting in a pattern of 'spectatoring'. This is where the woman becomes an observer of her sexual activity – she has literally 'floated out of her body' and she watches herself having sex -and gives herself all sorts of critical, negative appraisal. Being her toughest critic, she evaluates herself as a failure as a lover.

A perfect example of spectatoring and shut down sexual feelings was described to me by Danielle, who had been referred to me by her doctor because she had never had an orgasm and was keen to have this pleasure.

### **Danielle the High Class Hooker**

**The Problem:** At the age of nineteen, Danielle moved from the country to the big city to make her fortune. She was persuaded by her girlfriend to become a prostitute in one of the biggest and most prestigious brothels in town.

Danielle was very successful and retired from "the trade" after three years with enough money to invest in property and set herself up for life. The negative legacy of her career, however, was her inability to orgasm.

**The Cause: Spectatoring** - Danielle remembered that when she had had sex with her clients, she used to take a 'mental holiday'. It was as if her body was in the brothel having sex, and her mind and heart were in a theatre somewhere else, watching the *'Sound of Music'*.

Even though she was now working as a successful book-keeper and had a boyfriend who was very keen to be the first man to give her orgasms, Danielle was unable to stay in her body and relax completely in the moment and allow herself to orgasm.

**The Solution:** Danielle committed to the Achieving Orgasms Plan with specific attention to using Dr Jan's Hypnosis audiotape so that she could "reprogram" her mind to stay in her body so that she could really enjoy sex. After six months, she was able to achieve orgasm.

# LEARNING TO ORGASM

## KNOWING YOUR BODY

So it's obviously easy to identify so many negative influences that work against women having good orgasms. So what can we do about it? How does a woman learn to have consistently regular orgasms? Well here's the first thing to do: review your sexual education. Get clear on your sexual facts. Do you really know your technical stuff? Have you read some good books on sex? And do you feel absolutely comfortable with your female physiology?

## SELF-PLEASING

You know a good tester for this is that you know exactly where your clitoris is and you've had at least a good visual experience, if not a manual exploration.

You should be able to draw and label all the erogenous parts of your body from firsthand experience.

Now I know that some women reading this could almost be throwing up about the prospect of looking at and touching themselves down there and if that is you, you need to address this issue really quickly because self-pleasuring is the most important stage in becoming orgasmic. After all, why should you expect a partner would know how to turn you on and bring you to an orgasm if you don't know how yourself!

## STAGES OF AROUSAL

Well, we will get back to self-pleasuring, which is looking and touching yourself shortly, but meanwhile here's a question. Would you, know an orgasm if you ran into it in the dark? I mean technically what happens? As you become aroused, the clitoris retracts or hides under the hood of the shaft, and this happens automatically because during the later stages of arousal the clitoris becomes extremely sensitive to touch. You may also notice changes in your breasts at this time; your nipples may become erect or your breasts may appear to swell. Some women experience extreme sensitivity of their breasts during this phase and only like to be gently touched. In addition to these visible changes, other changes are going on inside your body. During the excitement phase your uterus enlarges and rises up from its resting position and the vagina enlarges, ready to accommodate a penis during intercourse.

So after excitement you move into the plateau phase. You might even be aware of some

blotching or reddish areas on your skin. This is due to changes in blood flow during arousal and may or may not occur, you might notice your breathing and heart rate become more and more rapid, the colour of your labia majora (or inner lips) darkens and you might experience feelings of tension or heaviness in your genitals, legs stomach or arms. You might feel that your body is “running away with you”.

Some women reach this plateau phase and then can't move into orgasm. If this is you, you have probably felt very frustrated and physically uncomfortable from the lack of orgasmic release. You know if this happens frequently you can learn to turn yourself off at the first sign of arousal, because physical signs of arousal make you feel uncomfortable, make you feel anxious and worried. So you need a program to follow so you can overcome this past conditioning.

## **PARTNER EDUCATION – NO MORE FAKING**

Okay now there's one reason for not having easy orgasms that some of you are probably angry that I haven't gotten to yet. I mean I've put all the emphasis on the woman and sometimes her lack of fulfilment may actually be due to her partner's lack of expertise.

I mean if he's a man, what if he's what Australians sometimes, I admit, rather commonly term, “a dud root”. Now if that's your partner, he's really going to need to read and tap dance pretty fast to catch up with you. (If your partner's a woman you'd expect she would have a pretty good technique, but she still might need some coaching.)

And you know, in fact because orgasms have been elusive, in the face of “performance pressure” many women with male or female partners have engaged in faking orgasm on at least one occasion or the other. The woman who fakes an orgasm might do it to make her partner feel good, or at least not feel bad. Sometimes she fakes an orgasm so she can get it over and done with and go to sleep. But it's not recommended long-term, cause eventually your partner may find out and then he or she is going to be very, very disappointed.

If you have been faking orgasms in the past, it's important that you do tell your partner so that you can start a new and more honest relationship. The best place to discuss it is certainly not the bedroom or any intimate sexual moment. Please choose a time when you're talking about your relationship in general and always start off by ensuring your partner that you do love them and that you need their help to overcome a problem. Come up with some reasons for faking orgasms in the past - maybe that you didn't really know your body that well or that you were a bit embarrassed -and if your partner does get aggressive just hear him or her out and try to understand where they are coming from.

## **REWRITING PAST EXPERIENCES**

Some women need to review their sexual history and rewrite your past experiences. Now I know you might have some skeletons in your closet, but you don't have to judge yourself, just rewrite your old judgements as fresh new judgements - something like, "I deserve to have a good sex-life." Make new positive decisions about your body, "I accept my body," "I enjoy my body's potential to be sexual".

Why don't you write down your good features? Why don't you go see an image consultant and learn about your colour and style? A really courageous woman will actually clean up her wardrobe ...that means throwing things out in green garb bags and then, yep, time to go on a diet or at least eat nutritious foods and exercise regularly.

So at last you've cleaned up you sexual past, you've reviewed your sexual education, you've accepted your body and you're squeaky clean, motivated and scheduled into learn how to be orgasmic.



# **The Solution To Problems with Orgasms: The Plan for Achieving Orgasms for Women**

The Plan for Achieving Orgasms Has Four Steps:

1. Have Accurate Facts and Realistic Expectations
2. Have Positive Thoughts
3. Reorganise your Lifestyle to Allow time for Pleasure
4. Use the Three Stages of Graduated Practice: Solo sex, Partner sex without penetration, and Intercourse with partner.

## **Step 1. Have Accurate Facts and Realistic Expectations**

Have you cleared up any Mixed Messages and Misunderstandings? Are you enthusiastic and positive about solo-sex? Do you really know your technical stuff? Have you read some good books on sex and do you feel absolutely comfortable with your female physiology?

A good test for this is that you know exactly where your clitoris is and you've had at least a good look in the mirror. You should be able to draw and label all of the erogenous parts of your body from first-hand experience.

## **Be Realistic About What May Work for You to Orgasm**

Only 30 percent of women will achieve orgasm through intercourse alone. The majority of women need clitoral stimulation before, during, after or instead of intercourse, manually, orally or using a vibrator. Some women respond to partner stimulation, others must pleasure themselves.

## **Do You Know The Facts About Arousal and The Woman's Sexual Response?**

### **1. The Excitement Phase**

As you become aroused, the clitoris retracts or hides under the hood of the shaft and this happens automatically because during the later stages of arousal the clitoris becomes extremely sensitive to touch. You may also notice changes in your breasts at this time, your nipples may become erect or your breasts may appear to swell – some women experience extreme sensitivity in their breasts during this phase and only like to be gently touched. In addition to these visible changes,

other changes are going on inside your body. During the excitement phase your uterus enlarges and rises up from its resting position and the vagina enlarges – ready to accommodate a penis during intercourse.

## **2. The Plateau Phase**

You may be aware of some blotching or reddish areas on your skin. This is due to changes in blood flow during arousal. You might notice your breathing and heart rate become more and more rapid, the colour of your labia minora or ‘inner lips’ darkens and you might experience feelings of tension or heaviness in your genitals, legs stomach or arms.

**Problem to Avoid:** Some women reach this plateau phase and then can’t move into orgasm. This can make her frustrated and physically uncomfortable from the lack of orgasmic release. If this happens frequently she may learn to turn off at the first sign of arousal because physical signs of arousal make you feel uncomfortable.

### **a. Orgasm**

The clitoris is retracted beneath the hood formed by the labia minora. The vagina contracts several times, in an intensely pleasurable way. The duration of orgasmic contractions varies from woman to woman and occasion to occasion.

### **b. Resolution**

Gradually everything returns to normal. Sometimes this can take ten minutes or more.

## **How to Assist The Chances of Orgasm**

### **Step 1: Take advantage of Orgasmic Triggers**

**Orgasmic Triggers are physical things you can do that can assist the chances of orgasm. They include:**

Arching the feet.

Pointing the toes.

Contraction and pushing out of the abdominal muscles.

Pelvic elevation and thrusting

Holding the breath and pushing down on the diaphragm.

Throw the head back to displace the glottis -the dangly bit in the back of your throat. Try it when you are lying across the bed with your head lolling backwards over the side of the bed.

### **Step 2. Have Positive Thoughts**

#### **Affirm Your Self-image and Act to Support It**

Write down your good features. See an image consultant and learn about your colour and style. Concentrate on eating nutritious foods and exercise regularly.

#### **Use Positive Self-Talk to Encourage Your Positive Expectations**

Make new positive decisions about your body such as:

‘I accept my body. I enjoy my body’s potential to be sexual’.

Some women need to review their sexual history and rewrite your past experiences. You might have some skeletons in your closet, but you don’t have to judge yourself negatively. Rewrite your old judgements as new positives. Tell yourself that ‘I deserve to have a good sex life! I enjoy wonderful orgasms.

### **Step 3. Reorganise your Lifestyle to allow time for Pleasure**

#### **Avoiding Anxiety by Staying with the Pleasure**

Anxiety is a powerful passion killer. Anxiety preceding sex (anticipatory anxiety) may prevent

you from getting turned on at all. Worry about sexual performance during the act will rapidly distract you away from sexual pleasure. You can only hold one thought in your mind at a time. Worries about your capacity to please your partner, concerns about the cellulite on your hips or whether you orgasm will not only turn you off but may prevent you from restoring your focus to sexual stimulation.

Whenever you catch a worrying thought, discard it immediately. Guide your focus back to your favourite erotic thoughts and sensations.

Getting turned on is a skill that almost every woman can learn. When you want to turn on, tune out the everyday and tune into erotic thoughts and feelings. Like any other behaviour, sexual arousal gets easier with repetition. Remember, practice makes perfect.

#### **4. Follow the Three Steps of Graduated Practice for the Practical Plan to Have Orgasms**

##### **1. Solo-sex**

##### **2. Partner sex without penetration**

##### **3. Intercourse with partner.**

Remember: You may take your time through the three steps to minimize anxiety. The best way to avoid anxiety is to move through three possible levels of experience:

##### **1. Imaginal Practice**

Imagined rehearsal- where the woman acts out the sexual behaviour safely enough in the imagination. This may be through guided visualisation or hypnosis.

##### **2. Verbal Practice**

Communication and verbal role-play – where the sexual behaviour is talked through with a partner, or with a therapist but no actual behaviour occurs.

##### **3. Real-life Practice**

Active Practical rehearsal- real-life sexual experiences

## **Use Positive Self-talk to Coach Yourself Through the Graduated Practice**

### **Preparing for the sexual experience**

What is it that I have to do? Just relax. I have a plan to deal with it.

That's better than getting anxious. No negative self-statements: just think rationally. Don't worry. Worry won't help anything.

Maybe what I think is anxiety is really excitement and eagerness?

### **Confronting and handling the event**

I can meet this challenge. I can relax my fear away.

One step at a time: I can handle the situation.

Don't think about fear. Just think about enjoying the pleasure.

### **If you are successful: Celebrate!**

Have a glass of wine, tell a friend, eat some chocolate!

### **Coping with the outcome of being unsuccessful.**

I may not have been able to achieve my sexual goal, but I did enjoy the sensory pleasure and I did everything I could to maximise my chances of success. Maybe next time it will work.

# **Becoming Orgasmic Program**

## **Stage 1: Self-Pleasuring, Masturbation and The Inner Critic**

So let's proceed with the 'Becoming Orgasmic Programme'. It consists of three stages: the first one is self-pleasuring or masturbation.

The second one is stimulation with a partner. And the third one is actual intercourse with a partner.

So let's look into the first stage which is self-pleasuring. We learn how to self-pleasure because it's the best way to attain mastery over your arousal state. You need to know how and why your feelings of excitement and arousal peak and ebb at different times.

You need to be the conductor of your own bodily orchestra if you're going to have the control and allow yourself to lose control. I call it self-pleasuring because some people have had very negative reactions to the word masturbation in the past. 'Masturbation', it is rather a hard-sounding word isn't it? It sounds a bit like an illness!

Okay now it's time for you to relax and pleasure yourself. Make sure that you do have time and that nobody's going to interrupt you. Find an ideal place, prepare yourself, maybe you'd like to take a shower or get some oils and perfumes and have a bubble bath. Don't always choose the bedroom, what about the living-room or even the car or in the back garden?

Begin by lightly running your hands all over parts of your body, but not the genitals, and get used to the idea of lightly stroking yourself.

Just relax, the point of this is not necessarily to arouse yourself, just get familiar with the different parts of your erogenous zones and increase your comfort with the idea of touching your own genitals by first; running your fingers up your thighs, then run your fingers lightly across the pubic hair and using a little bit more pressure lightly touch the skin under the hair. Just part your lips and then inside those notice the vaginal entrance. Find your clitoris and just touch it lightly.

At this point you should be increasingly comfortable with your body and with your own touching of yourself and now begin to lightly stroke yourself in the genital area in the ways that you find most pleasurable. Some women like to circle, some women just like to stroke over and over again in the same way. Begin lightly and use increasing pressure. You might like to gently move your finger in and out of the vaginal entrance. Take your time, enjoy it. If direct stimulation on your clitoris is uncomfortable just stroke it along the sides and vary the pleasure and the rhythm.

Relax and get lost in yourself. Perhaps at the same time you're stimulating your genitals, you might like to use your other hand to lightly stroke your breasts and play with your nipples until

they're erect. Just remember that only you can know how you feel. You may actually reach orgasm during the activities of this step and don't back away from it just let yourself go. But if you didn't reach orgasm just allow yourself to relax. Don't quit after a few minutes. This might be a good time to add lubrication so that you don't get irritated. Lubrication can also add to your pleasure.

You can choose to vary your arousal and pleasuring method. As well as masturbation by hand, by vibrator, by water running or by texture running, you can use visual stimulation. You can look at books or magazines, photos, even erotic videos.

Audio stimulation, such as audio of beautiful music, natural sounds can be extremely erotic. If you're into fantasies but you need some help in stimulating yourself to think of them, why don't you read Nancy Friday's book 'My Secret Garden' for ideas?

And if you like sensory stimulation you could use aromatherapy, satin sheets, champagne and oysters. Some women find it extremely arousing to dress up, wearing exotic lingerie or even costumes, and acting out in front of a mirror, can be extremely arousing.

It's important that you take charge of your body position and movement. Do you know what Koegels are? Well they're exercises with the pelvic muscles that you can move that nobody else ever knows you're moving. Just try it now; all you need to do is just pull up in your pelvic region. It's something that's almost impossible to describe to a man, but women know.

I mean if you're really game you could put a tampon in or even a pencil and just notice how your vagina can cling on to it as you pull up. What you are really doing is contracting your pelvic floor muscles, and as you do breathe deeply.

Some women find if they actually lay back on the bed with their head hanging over the bed, it causes some kind of pressure down in the pelvic region and if you combine that with your Koegels and deep breathing you might find that you become deeply aroused.

Some women tell me that they like to experiment with their breathing, their pelvic thrusts and their Koegel exercises. One woman said that she would experiment by pulling up and holding her breath to three counts, then she'd push out as she exhaled to three counts. And she played a game with herself where she was not allowed to orgasm until she had done this for five minutes. She said that it was extremely erotic and arousing and when she did orgasm it was one of those mind blowing ones.

So it's up to you to find something that you can experiment with. Why don't you try that; the breath, the pelvic thrusts and the pulling up?

Now let's talk about vibrators. Remember that the vibrator should be seen simply as an extension of your hand. A vibrator isn't the 'be all and the end all', you actually control it. And do apply the vibrator gently at first; gradually you can add pressure to the point that's most stimulating for you. Use the head of the vibrator in creative and stimulating ways and keep applying pressure. Certainly don't get discouraged if you don't have an orgasm immediately. Get into it! It may

take up to 45 minutes or even an hour, or repeated tries over a few days, but it will happen if you let it.

Now with self-pleasuring, this is the one time when it's okay to fake orgasms. In fact faking it, until you make it, with your sounds, body actions and breathing can actually get you into the practice of allowing an orgasm to happen when it does.

Now I hope you don't get the idea that for the rest of your life you have to go around faking orgasms. No, this one is just for you to loosen you up. Why don't you allow yourself to really exaggerate what might happen during an orgasm? Imagine that you're having a tremendous, incredible, hard orgasm. Over do it. Go on, move your arms and legs about, and moan and scream and shout, thrust your pelvis, point your toes, tense your thigh muscles, throw your head back. Lose control!

Okay okay, that's enough. Now relax, breathe, and just think about that.

You're still okay, right? Why don't you do that again and think of all the possible types of orgasms there might be. I encourage you to do this, that is "fake it" until you're no longer tense and embarrassed (and if you can, do it in front of the mirror too!)

I guess it's time here to talk about that 'inner critic', that little record that's going around and around inside your brain saying: "If only I can come! Oh, why can't I come? Is there something wrong with me?"

We call this negative self-talk. It's very important to nip this internal critic in the bud.

If you hear the critic talking say, "STOP", take a big, deep breath and then start to distract yourself - first of all, by thinking of something beautiful like a red rose. Imagine that your genitals are just like a red rose bud, beginning to open, beginning to unfold as you become more and more pleased.

There is no need to rush, just take your time. Relax and think positively. Orgasms will happen when they're ready. Say: "I can enjoy my body and focus on the pleasure that it gives me."



## **Stage 2: Stimulation with a Partner**

Well, well done. You have certainly learnt a self-pleasure and now it's time to graduate to a partner. I'm sure your partner really wants to get involved and they'll be thrilled to help you out. The goal is to let yourself float along and to enjoy yourself; it's time to receive.

And a good position is the one that Masters and Johnston recommend; what they call the non-demand position. Your partner sits up against a wall with his or her legs spread and then you sit between their legs with your back up against their chest and your legs between theirs.

This way your partner can easily reach around your body and stroke your breasts and your genitals.

Some women who are really game could actually masturbate and show their partner how to do it. If you're not comfortable with that yet though, just lay back and close your eyes and allow your partner to stimulate you in what ever way they want.

Of course if there's something they're doing that you don't like it's important to signal gently to them. Have a catch-phrase, such as "Change" and this could be the signal to let your partner know that it's time to change. Not necessarily because he or she was doing it wrong, but just because you like to have some novelty.

If you're really uncomfortable you might like to do it in the dark for the first two or three times and gradually increase the amount of light.

A really useful technique is what we call the 'guided-hand' process. What you do is you ask your partner to put his or her hand over your hand. So as you pleasure yourself they get used to the kinds of strokes and the rhythm and pressure that you enjoy. Gradually allow yourself to lift your hand and replace your hand with theirs and then just lose yourself in the pleasure of that and let you partner bring you to an orgasm.

### **Stage 3: Partner Intercourse**

Okay now you're ready for intercourse and hopefully moving towards orgasm. This is really a goal for the advanced and may indeed be something you that you'll never really need to achieve; in fact they say that only 30% of women do orgasm with intercourse. So just take this stage as preferable and not something that you have to do.

The best position is the woman on top position and the first time do this just for you. Just mount on top of his penis and rest and enjoy the feel of his penis and then slowly and gently move up and down. If he becomes over stimulated and feels that ejaculation is eminent he should signal you so you can both rest.

It's really important for the woman that you actually can continue for a long time and perhaps even up to an hour, until you are just plain tired out. One possibility is that your partner may resent your focusing so much attention on your own pleasure, but if you communicated together prior to this exercise you should find that your partner will really be willing to go along with anything just so long as you enjoy yourself.

Now some women need what we call the 'bridge'. What happens with the bridge is that you wait until just before you think you'll have an orgasm, either through oral sex or manual sex, then help the male insert his penis while he continues clitoral stimulation with his hand. If you're really aroused orgasm could result almost immediately.

Continue to practice this until you can consistently achieve orgasm. Gradually, over time you can decrease the amount of manual stimulation and replace that with thrusting and stimulation from his penis and pelvic bone. One of the best positions for this bridge is the side by side position, but it is important that you and your partner discuss positions and come up with what suits you both.

So congratulations and well done! You've actually moved all the way through your programme, and if you're not having orgasms you will be well on the way.

### **Summary**

So let's summarise your programme. You've reviewed your sexual education and re-written your sexual history and made new positive decisions. You're working on accepting your body even more and accepting your genitals and you've reorganised your lifestyle to allow time for pleasure to orgasm by yourself and with your partner.

You can use positive self-talk which helps you cope with and prevent anxiety and you let go of your urgency about needing to orgasm; if it comes it's great, and if not, you can just accept the pleasure.

## **Important Note for Your Partner**

Just one more thing to think about now and that's your man, if he's reading this book...

Masters and Johnston found three basic patterns of male reactions to a woman who doesn't have orgasms during sexual activity.

Let's look at the first one - 'obliviousness'. I guess it's easy for a man to be ignorant of a woman's orgasm because it's an internal phenomenon. After all, how is he to know that her vaginal walls are contracting and her vagina has changed shape?

Some men might have to put their women under a magnifying glass. And some men don't believe a woman needs an orgasm, especially those with old fashioned Victorian beliefs who think that a woman who wants an orgasm is a wanton hussy and slut. (Thank goodness most of those men are in the past.)

The second male reaction is 'concern'. Now some are selfishly concerned; it's a matter of their ego being on the line.

Most take the blame personally and they feel incompetent. I mean sometimes they are, for instance, the guys with premature ejaculation or erection problems, and those chaps may work out a partial solution by giving their woman manual or oral sex.

But even men with good staying power can feel responsible if their women don't orgasm.

The first and most problematic man though is the one who sees it as a problem of hers. I've had some men come to sex therapy, asking me to fix their woman. Of course, they've made the diagnosis "it's her fault, she's inhibited, she's got low self-esteem and she needs to improve her image". Some of these men have put a lot of pressure on their women, they may have flooded her with self-help books, or rented x-rated movies, or brought in sex toys or massage oils.

Another real turn off for women is a man whose anxiety gets the better of him and he just talks damned too much during sex. He keeps asking, "Have you come yet?" And this makes a woman feel more like a specimen under a microscope than a participant in spontaneous free-flowing sex-play.

One thing's for sure..... don't be angry guys, because anger is not an aphrodisiac. It's much more sensible to see the issue as a relationship concern, something that you're sharing together. See it as an opportunity to get closer and trust more, explore the limits of intimacy and learn how to really pleasure each other. Thanks very much for co-operating because ultimately, you'll benefit.

So becoming orgasmic does require time, patience, effort and a lot of mutual understanding, but you'll know that it's worth it when you find new heights of pleasure and when you and your partner find a new joy and intimacy. You can experience a joy in sex that you have never

experienced before and you can have Sensational Sex and Sensational Orgasms.

## **A ‘How To’ Guide for Women Who Want to Experience Orgasms.**

### **The Facts about Female Orgasm:**

Of problems presenting for sex therapy, lack of female orgasm accounts for 20% of clients. Only 20% of women have orgasms with intercourse.

80% of women who can orgasm with clitoral stimulation can do it alone (but not necessarily with their partner’s assistance). Only about 15% of women have multiple orgasms.

### **You Deserve to Orgasm ‘For You’**

Your body is a precious gift and learning to allow yourself the pleasure of an orgasm is important to maximise your gift. Although your partner may truly enjoy seeing you sexually blossom as you become orgasmic, the main reason to have orgasms is for your own pleasure.

*But even if you don’t orgasm, you can still have pleasure during sex.*

### **Common Obstacles to Female Orgasm**

- Unsatisfactory body image (low sexual self-esteem).
- Need the facts about sexual physiology the arousal system.
- Uncomfortable looking at or touching own genitals.
- Anxious/tense – ‘trying too hard’
- Lifestyle too busy – never have (or make) the time.
- Head full of negative thoughts about sex “Nice girls don't.
- Pressure from partner sets up tension.
- Unhappy about the relationship.

### **Your Plan to Achieving Orgasms.**

#### **Have Accurate Facts**

Read a good book such as **Becoming Orgasmic**

Listen to Dr Janet Hall's audio with hypnosis on **Achieving Orgasms For Women** (see the back of this book)

### **Have Positive Thoughts**

Review your sexual history and change negative thoughts

Write down your past experiences

Note your negative judgements and make new positive decisions

### **Accept your body and look after it well**

Write down your good features

See an image consultant and clean up your wardrobe

Eat nutritious foods

Exercise regularly

### **Accept your genitals**

You need to be comfortable to look at your genitals in the mirror

And then to touch them whilst you look

Write a description of your genitals 'as a flower'

### **Reorganise your Lifestyle to allow time for Pleasure to Orgasm**

Have a plan for sexual 'pleasure time' three times a week.

Carefully choose 'best' times for 'best' arousal and privacy.

Relax and enjoy your 'Pleasuring Times'

Use positive self-talk, which helps you cope with and prevent anxiety.

Say 'I let go of my urgency about needing to orgasm. If orgasm comes it's great, if not – I will accept it and be interested about why not.'

## REVIEW REQUEST PAGE



**Thank you!!!**  
**Can I ask**  
**a favor?**

Thank you so much for reading my book. I hope you really liked it.

As you probably know, many people look at reviews before they decide to purchase a book.

If you liked the book, **could you please take a minute** to leave a review with your feedback?

60 seconds is all I'm asking for, and it would mean the world to me.

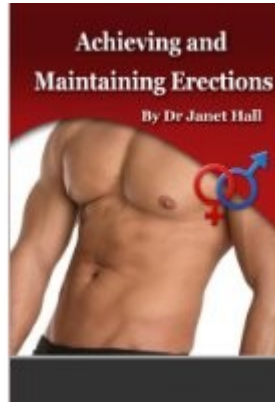
Thank you so much,

***Dr Janet Hall***

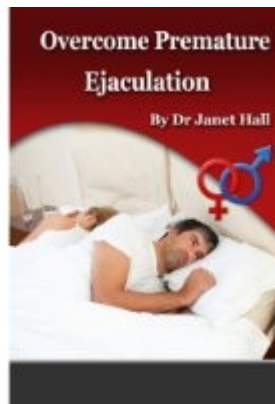


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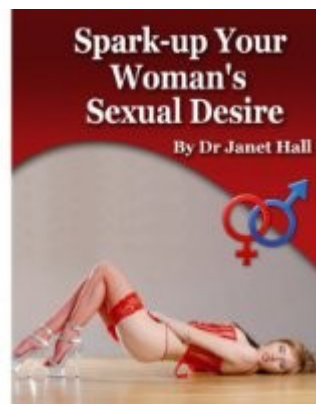
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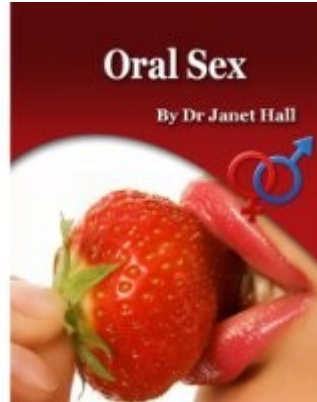
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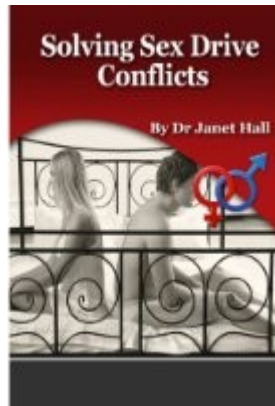
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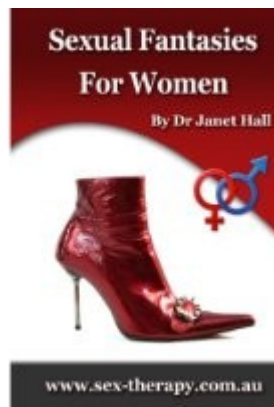
**Solving Sex Drive Conflicts**



**Spark-up Your Man's Sexual Desire**



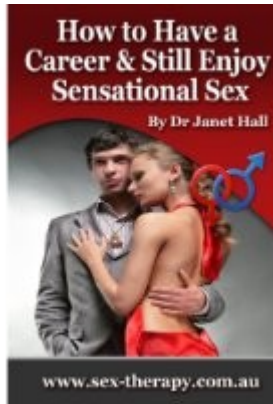
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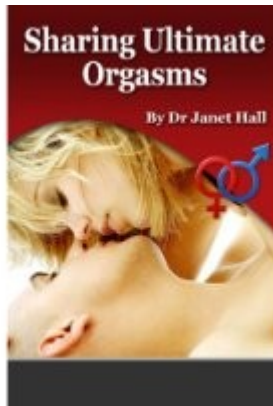
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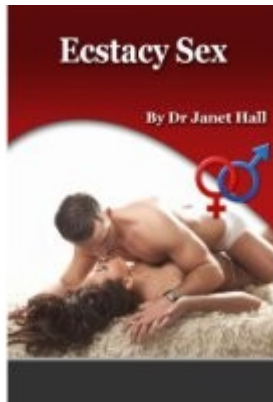
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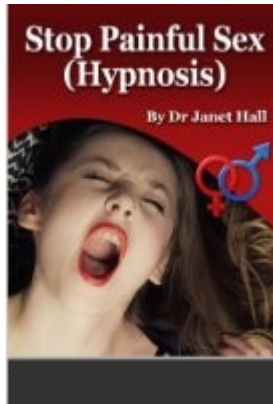
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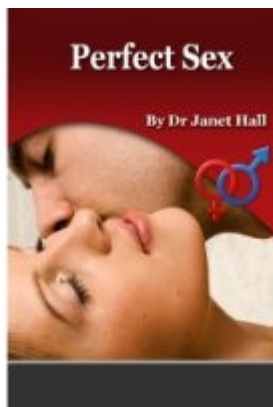
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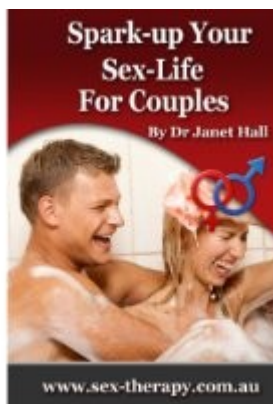
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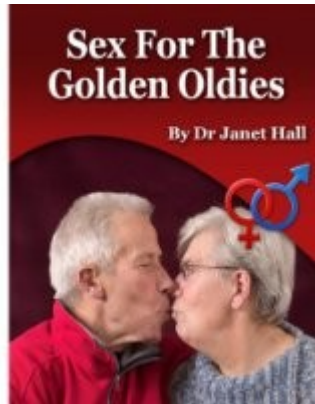
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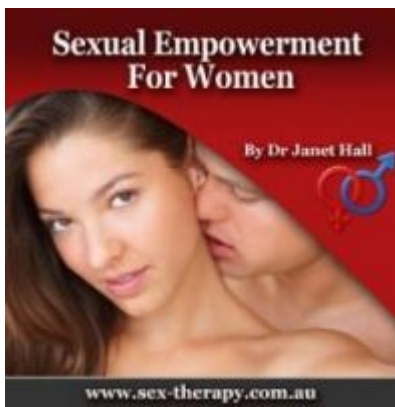
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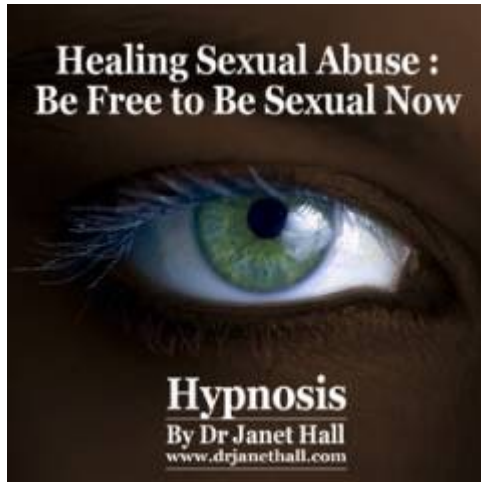
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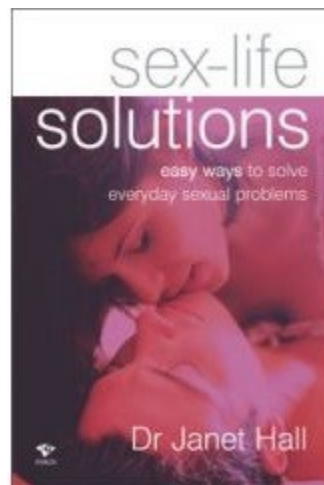
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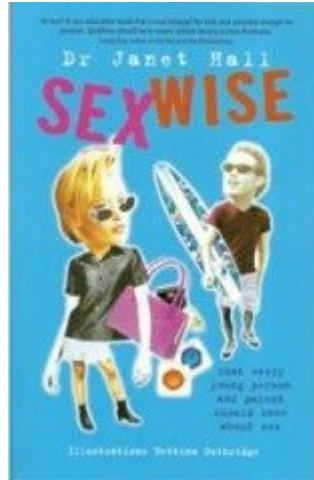


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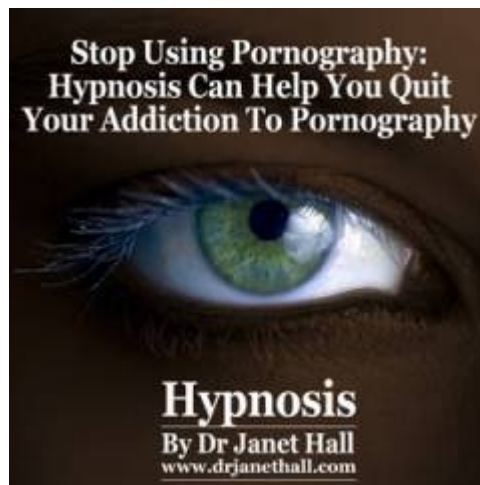


**Sex Life Solutions**





**Sex Wise**



**Stop Using Pornography**

## Further Recommendations

Well I'm sure you've been challenged by and learned a lot from Dr. Janet Hall's recommendation for encouraging you to have a sensational sex life!

Many people have asked what other concerns respond well to sex therapy.

Online on her website, [www.sex-therapy.com.au](http://www.sex-therapy.com.au) and in person at Richmond Hill Psychology in Melbourne, Australia, Dr. Hall and her colleagues consult with men on common male difficulties including premature ejaculation and failure to get or maintain satisfactory erections.

We also consult with women with common female difficulties like lack of orgasm and painful sex.

And we work with couples with shared difficulties such as low desire, mismatched desire conflicts about sexual practices and expectations and interests, sexual anxiety, sexual addiction and relationship difficulties.

If you're considering consulting a sex therapist, it's recommended you first ask the following ten questions:

1. Does your therapist treat you with respect and understand your problem;
2. Are you assured of absolute confidentiality;
3. Are you offered prompt service;
4. Can you receive health fund rebates;
5. Is there consideration allowed for potential embarrassment and shame about sex;
6. Are you referred to user-friendly reading material;
7. Are you encouraged to pursue a clear treatment plan;
8. Do you get expert answers to your individually unique sexual concerns;
9. Is your therapist professionally accredited; and
10. Is your therapist an acknowledged expert in sex therapy.

Of course, Dr. Janet Hall's clinic can answer yes to each of the previous questions!

Some folks may be interested in having individual treatment so to ask any specific questions or

to arrange an interview, please call 61 3 94193010.

Or you may wish to visit Dr. Janet Halls' sex therapy website pages on the internet: [www.sex-therapy.com.au](http://www.sex-therapy.com.au)

Or you may care to contact Dr. Janet Hall directly by email – [info@drjanethall.com.au](mailto:info@drjanethall.com.au).

## **More Sensational Sex Information Available From Dr Janet Hall**

Hi again! If you enjoyed and benefited from this book then you'll just love the audio version available here on [www.drjanethall.com](http://www.drjanethall.com)

### **Fabulous Orgasms for Women (with Hypnosis)**

<http://drjanethall.com/shop/achieving-fabulous-orgasms-for-women-audio/>

Why listen to Dr Jan's audios as well as read the book?

Because she is full of power and passion and personality!

Her Sensational Sex Series has the answers to your yet unknown questions and will give you the information and cheeky encouragement unique to Dr Jan's style.

Dr Jan's prerecorded audios are used as a study guide where people can save time in listening to them together and of course can stop/start and discuss them.

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